



Smart Living with CAD

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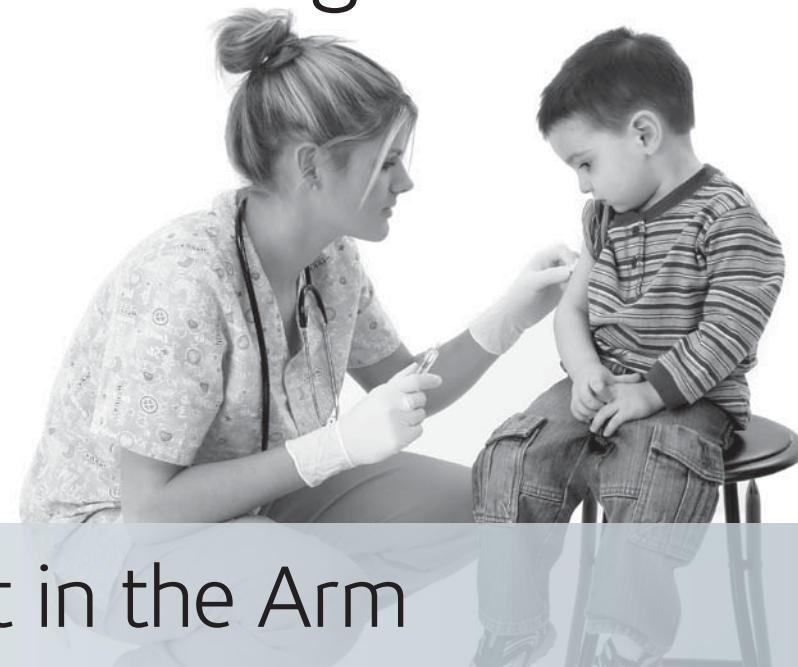
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Recipe: Great Pumpkin Soup

In honor of the season, we bring you this recipe from the Mayo Clinic for a hearty and healthy *pumpkin* soup! The great pumpkin and its seeds are tasty and chock full of nutrients like vitamins C and E, iron, zinc, magnesium, and potassium. *Enjoy!*

Ingredients

Serves 4

- 3/4 cup water
- 1 small onion, chopped
- 8 ounces pumpkin puree (fresh or canned) *Make your own puree by roasting a small pumpkin and whipping the flesh in a blender or food processor.
- 1 cup unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon freshly ground black pepper
- 1 green onion, green top only, chopped



Directions In a large saucepan, heat 1/4 cup of the water over medium heat. Add the onion and cook until tender, about 3 minutes. Don't let the onion dry out.

Add the remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil. Ladle into warmed individual bowls

and garnish with black pepper and green onion tops. Serve immediately.

Nutritional analysis Serving size: 1 cup
Calories: 72, Cholesterol: 1 mg, Protein: 3 g,
Sodium: 241 mg, Carbohydrate: 12 g, Fiber: 2 g,
Total Fat: 1 g, Potassium: 199 mg, Saturated Fat:
less than 1 g, Calcium: 78 mg

Flu Vaccine: A Shot in the Arm

Did you get the flu shot last year? Great. But now it's time to get it again.

The Centers for Disease Control and Prevention (CDC) recommends everyone over six months of age get the flu vaccine. It's especially important for young children, people 65 and older, and individuals with asthma, diabetes, heart disease, COPD and other chronic conditions to get vaccinated. This is because their immune systems are weaker.

It's also important for pregnant women to get the vaccine, because the flu can hurt developing fetuses. Ditto for healthcare workers and caregivers so they won't infect the fragile populations (babies, elderly and the infirm) in their care.

And don't forget: the flu vaccine is seasonal. That means you must get it *every year*. Last year's vaccine will *not* protect you against this year's flu, the CDC warns.

The flu vaccine is given two ways – by needle or nasal (nose) mist. The shot is approved for people over six months of age. The nasal spray is approved for healthy people, 2 to 49 years of age, who aren't pregnant.

Side effects. Some people who get the shot may

develop a low-grade fever and/or soreness at the injection site. Children who receive the nasal spray may develop a runny nose, headache, vomiting, muscle aches and/or fever; adults may develop a runny nose, sore throat, headache or cough. Severe reactions are rare. But call your doctor if you develop a high fever, difficulty breathing or other serious symptoms.

People who previously had a bad reaction or have a severe allergy to chicken eggs (the flu vaccine is grown in eggs) should not get the vaccine.

In addition to the vaccine, the CDC recommends you take the following precautions to cut your risk of getting – and spreading – the flu:

- Wash hands frequently.
- Cover your nose and mouth with a tissue or your arm (*not your hand*) when you cough or sneeze.
- Don't touch your eyes, nose and mouth.
- Have flu-like symptoms? Stay home for at least 24 hours after your fever goes away (without fever-reducing meds).

It takes about two weeks after you're vaccinated to become flu-protected. So the sooner you get jabbed – the better!

Smoking Ups Stroke Risk at Younger Age

Still smoke? What else do you need to convince you to kick the habit?

How about this scary little tidbit: smokers are not only twice as likely as non-smokers to have strokes. They're nearly a decade younger than non-smokers when they have them, according to a new study.

Researchers studied 982 stroke patients (264 smokers and 718 non-smokers) at an Ottawa clinic. They found the average age of stroke patients who smoked was 58, compared to 67 for non-smokers. "The information from this study provides yet another important piece of evidence about the significance of helping people stop smoking," said study author Andrew Pipe of the University of Ottawa Heart Institute. "It also alerts the neurology community to the importance of addressing smoking in stroke patients."

Smoking causes a condition called atherosclerosis, the buildup of debris in blood vessels. Atherosclerosis increases the risk of blood clots.

The study found that smokers have double the risk of a stroke caused by a blood clot (ischemic stroke) and four times the risk of a stroke caused by a ruptured blood vessel (hemorrhagic stroke) than non-smokers.

Plus, smokers are more likely than non-smokers to have complications and recurrent strokes. Patients who have had a minor stroke are 10 times more likely to have a major stroke, especially if they continue to smoke, according to the study.

The good news: smokers who quit can dramatically cut their risk of stroke and heart disease. Stop smoking today – and your risk will be about the same as that of a non-smoker in 18 months to two years, researchers said.

"Stroke is preventable," lead investigator Mike Sharma said in a news release. "This study highlights the significant role smoking has on stroke. Quitting smoking, controlling blood pressure, following a healthy diet and being physically active significantly reduce the risk of stroke."

So watch your diet, exercise, check blood pressure... and if you smoke – stop!



Bad Sleep Raises Blood Pressure Risk

Do you often burn the candle at both ends? Here's yet another reason to slow down – and get some decent shut-eye.

Too little *sound* sleep may significantly up your risk of high blood pressure, a new study has found.

Harvard Medical School researchers measured the "sleep quality" of 784 men over 65 for two years. Their findings, published in the journal *Hypertension*: volunteers who got the least amount of deep sleep had an 83 percent greater chance than those who slumbered soundly of developing high blood pressure.

None of the volunteers had high blood pressure, also known as hypertension, at the start of the study. But 243 were diagnosed with it when the study ended.



"Our study shows for the first time that *poor quality* sleep puts individuals at significantly increased risk of developing high blood pressure," said study author Susan Redline.

Previous research has linked too little sleep to an increased risk of asthma, diabetes, heart disease, obesity, migraine and other chronic conditions.

Routinely toss and turn at night? Talk to your doctor to rule out any underlying conditions.

For sounder ZZZs, the National Sleep Foundation recommends you eat at least two hours before bedtime, maintain regular bed and wake times and keep your bedroom dark and quiet. Sleep tight!

Women Smokers: Higher Heart Risk?

You may have come a long way, baby. But you could cut your life short if you don't stop smoking.

Researchers at Johns Hopkins University and the University of Minnesota analyzed data from more than two million people between 1996 and 2010. Their findings, published in the journal *The Lancet*: women smokers were about 25 percent more likely to develop chronic heart disease than men who light up.

Researchers aren't sure why. But they speculate they may respond differently to chemicals in cigarettes. For example, women may absorb more of the cancer-causing and other toxic agents in cigarettes.

"What makes the realization that women are at increased risk worrisome is that the tobacco industry views women as its growth market," University of Arkansas researchers Matthew Steliga and Carolyn Dresler wrote in an editorial published with the article.

That's why it's important that smoking prevention and cessation campaigns target both women and men, said lead investigator Rachel Huxley of the University of Minnesota. She said the key is to persuade people not to start smoking in the first place. "As we all know, prevention is far better and far easier than trying to cure somebody of the habit," she said.

So if you don't smoke – don't start. And if you do – quit! Need help? Talk to your doctor or check out community and online smoking cessation programs.



Feds Take Aim at Heart Disease

The Department of Health and Human Services (HHS) recently launched a new campaign designed to prevent one million heart attacks and strokes over the next five years.

The major goal of the so-called Million Hearts initiative is to encourage Americans to make healthy lifestyle choices to reduce risk factors.

Heart disease causes *one in every three deaths* in the U.S. and accounts for 17 percent of overall national health spending (\$444 billion in medical costs and lost worker productivity) each year, according to HHS.

"If we succeed in achieving our Million Hearts goals," said Thomas Frieden, director of the Centers for Disease Control and Prevention (CDC), "ten million more Americans with high blood pressure will have it under control, 20 million more Americans with high cholesterol will have it under control, and 4 million fewer Americans will smoke by 2017."

The program specifically aims to:

- Increase aspirin use among people at high risk for heart disease (from 47 to 65 percent)
- Improve control of blood pressure (from 46 to 65 percent) and cholesterol (from 33 to 65 percent)
- Lower smoking prevalence (from 19 to 17 percent)
- Persuade 20 percent of the high-risk population to lower salt intake (to 3.5 grams daily) and 50 percent to shave at least 1 percent of daily calories

The federal government is providing \$200 million in new and re-directed monies toward the campaign.

Want to reduce your risk of heart attacks and strokes?

The feds' advice: Stop smoking, eat right (lots of fresh veggies, whole grains, nuts and fish, less salt and artery-clogging fat), exercise regularly and shed extra pounds!

